



Northwest Clam Chowder with Oyster Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



9

CALORIES



1277 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 bacon
- 1 teaspoon coarse salt
- 1 cup parsley leaves fresh loosely packed chopped
- 2 teaspoons thyme leaves fresh chopped
- 2 cups half-and-half
- 3 pounds manila
- 1 medium onion diced

- 4 ounces oyster mushrooms fresh separated
- 9 servings garnish: oyster mushrooms fresh
- 1 teaspoon pepper freshly ground
- 4 cups water
- 1.3 pounds yukon gold potatoes peeled cut into 1-inch cubes

Equipment

- bowl
- frying pan
- pot
- sieve
- measuring cup
- slotted spoon
- dutch oven

Directions

- Wash clams thoroughly, discarding any opened shells; place in a stockpot.
- Add 4 cups water; cover and bring to a boil over medium-high heat. Cook 5 minutes or until shells open, discarding any unopened clams.
- Remove clams with a slotted spoon, and place in a large bowl. Cool.
- Remove clam meat from shell, reserving any juice. Coarsely chop clams, and set aside.
- Pour liquid through a wire-mesh strainer into a 4-cup liquid measuring cup, discarding solids. Reserve 3 cups liquid.
- Cook bacon in a Dutch oven until crisp; remove bacon, reserving 2 tablespoons drippings in pan.
- Add onion and thyme, and saut 5 minutes or until onion is tender.
- Add potatoes, 3 cups reserved clam liquid, half-and-half, salt, and pepper; bring to a boil. Cover, reduce heat, and simmer 7 minutes or until potatoes are tender. Stir in bacon, clams, parsley, and separated mushrooms; serve immediately.
- Garnish with fresh oyster mushrooms.

Nutrition Facts

PROTEIN 2.12% FAT 92.91% CARBS 4.97%

Properties

Glycemic Index:29.97, Glycemic Load:8.47, Inflammation Score:-10, Nutrition Score:18.264347895332%

Flavonoids

Apigenin: 14.38mg, Apigenin: 14.38mg, Apigenin: 14.38mg, Apigenin: 14.38mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg, Myricetin: 0.99mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Nutrients (% of daily need)

Calories: 1276.99kcal (63.85%), Fat: 134.82g (207.41%), Saturated Fat: 83.49g (521.81%), Carbohydrates: 16.24g (5.41%), Net Carbohydrates: 13.99g (5.09%), Sugar: 3.53g (3.92%), Cholesterol: 353.58mg (117.86%), Sodium: 1376.28mg (59.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Vitamin K: 122.23µg (116.41%), Vitamin A: 4566.19IU (91.32%), Vitamin C: 23.38mg (28.34%), Vitamin E: 3.77mg (25.11%), Phosphorus: 168.96mg (16.9%), Potassium: 519.15mg (14.83%), Vitamin B6: 0.29mg (14.71%), Vitamin B2: 0.25mg (14.56%), Calcium: 120.64mg (12.06%), Vitamin B3: 2.16mg (10.81%), Selenium: 6.8µg (9.72%), Vitamin B1: 0.14mg (9.56%), Fiber: 2.24g (8.98%), Manganese: 0.18mg (8.85%), Folate: 34.09µg (8.52%), Magnesium: 33.8mg (8.45%), Vitamin B5: 0.81mg (8.12%), Copper: 0.15mg (7.47%), Iron: 1.33mg (7.39%), Vitamin B12: 0.43µg (7.21%), Zinc: 0.92mg (6.14%), Vitamin D: 0.15µg (1.03%)